

PUBLIC PROGRAMS

- Scheduled Recreational Swims
- Adult Lap Swims
- Senior Citizen Programs
- Swimming Lessons (Tots, Preschool, Youth, Adult)
- Water Exercise Programs
- American Red Cross Water Safety Courses
- Specialized Water Sports Training
- Competitive Team Programs

UPCOMING EVENTS

go to: www.metrokc.gov/parks/events/aquactr.htm



King County

Department of Natural Resources and Parks
 Parks and Recreation Division
Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive
 Federal Way, WA 98023-8425
 206-296-4444 TTY Relay: 711
www.metrokc.gov/parks

Winter Schedule
January 2-April 18, 2003
 Seattle (206) 296-4444
 Tacoma (253) 927-5173

Recreation Pool

| Hours | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|---------------------|-----------------------|---------------------|-----------------------|---------------------|-------------------------------|-------------------------------|
| 8:00am-9:00 | Maintenance | Adult/Senior Lap Swim | Maintenance | Adult/Senior Lap Swim | Maintenance | Special Events and Activities | Special Events and Activities |
| 9:00-10:00 | Low Impact Exercise | Maintenance | Low Impact Exercise | Maintenance | Low Impact Exercise | | |
| 10:00-11:30 | Lessons | Lessons | Lessons | Lessons | Maintenance | | |
| 11:30-12:30 | Family Swim ** | Family Swim ** | Family Swim ** | Family Swim ** | Family Swim ** | 11:30-1:30 Public Swim * | 11:30-1:30 Public Swim * |
| 12:30-1:30 | Ad/Sr Lap | Ad/Sr Lap | Ad/Sr Lap | Ad/Sr Lap | Ad/Sr Lap | 1:30- Rentals | 1:30- Rentals |
| 4:30-7:30 | Lessons | Lessons | Lessons | Lessons | 4:00-7:00 Rentals | | |
| 7:30-8:30 | Public Swim * | Public Swim * | Public Swim * | Public Swim * | Public Swim * | | |
| 8:30-9:30 | Aquarobics | Aquarobics | Aquarobics | Aquarobics | | | |

* Children younger than 6 years old must each be accompanied in the water by an adult
 ** During Family Swims, all children must be accompanied in the water by an adult (one adult per three children)

SWIMMING LESSONS

Morning Sessions (1/2 hr, 10:00-11:30am, MW's or TTh's)

Evening Lessons (1/2 hr, 4:30-7:30pm, MW's or TTh's)

Monday & Wednesdays

Jan 6-Feb 5 (8 lessons; no class Jan 15, 20)

Feb 10-Mar 10 (7 lessons; no class Feb 19, 26, Mar 12)

Tuesday & Thursdays

Jan 7-Feb 6 (8 lessons, no class Jan 16, 30)

Feb 11-Mar 11 (7 lessons; no class Feb 20, 27, Mar 13)

CANCELED SWIMS

Jan 16-20, Feb 20-22, Feb 26-Mar 1, Mar 20-23, Apr 19

WATER EXERCISE

Call Aquarobics: 1-800-817-8988



TTY Relay Service: 711

This material is available in alternate formats



King County

Department of Natural Resources and Parks
Parks and Recreation Division
Weyerhaeuser King County Aquatic Center
650 SW Campus Drive
Federal Way, WA 98023-8425
206-296-4444 TTY Relay: 711
www.metrokc.gov/parks

Winter Schedule
January 2-April 18, 2003
Seattle (206) 296-4444
Tacoma (253) 927-5173

Competition Pool

| Hours | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---------------|---------------|---------------|---------------|---------------|
| 5:30am-8:00 | Lap Swim* | Lap Swim* | Lap Swim* | Lap Swim* | Lap Swim* |
| 11:30-1:30 | Lap Swim* | Lap Swim* | Lap Swim* | Lap Swim* | Lap Swim* |
| 4:00-6:30 | Team Training | Team Training | Team Training | Team Training | Team Training |
| 6:30-8:00 | Team Training | Team Training | Team Training | Team Training | Team Training |
| 6:30-10:00 | Team Training | Team Training | Team Training | Team Training | Team Training |

* To maximize use of the facility, lap swims are scheduled during some team training times. Lanes for lap swimmers may be limited. The competition pool is currently set at 25 yards and ranges in depth from 9 to 10.5 feet. It is intended for lap swimming only. The starting blocks are closed to lap swimmers. Entry into the water must be done in a careful, feet-first manner only. Circle swimming is required in lanes with 3 or more lap swimmers. Participants may be asked to pass a 25-yard swim test to be allowed to swim in the competition pool.

CANCELED SWIMS:

Jan 4-5 11:30-1:30
Jan 11 11:30-1:30
Jan 16-20 all day
Jan 25-26 11:30-1:30
Jan 31-Feb 2 all day
Feb 7-9 all day
Feb 15-16 11:30-1:30
Feb 20-23 all day
Feb 25-Mar 2 all day
Mar 8-9 11:30-1:30
Mar 13-16 all day
Mar 20-23 all day
Mar 29-30 11:30-1:30
Apr 5-6 11:30-1:30
Apr 19-20 11:30-1:30

note: Apr 21 is the start of the 50-meter pool setting for longcourse season

EVENTS:

Senior Circuit Swimming Meet
High School Swimming Invitational
U.S. Olympic Team Trials - Synchronized Swimming
Puget Sound Swimm Assoc Champs & PNA Swim Meet
Washington Open Swimming Invitational
Sea Otters Water Polo International Open
Seattle Synchronized Swimming Invitational
WIAA Boys State HS Swim/Dive Champs & PNA Swim Meet
PAC-10 Women's Swimming & Men/Women's Diving Champs
YMCA Regional Swimming Champs
Speedo Swimming Champ Series
NW Sectional Age Group Swimming Champs
Water Polo Invitational Champs
Washington Water Polo Invitational
PNW Masters Swimming Champs & April Pools Day Event



King County

Department of
Natural Resources and Parks
Parks and Recreation Division

2003 POOL FEES

LESSONS

Swimming lessons for all abilities are available for students year-round from ages 6 months through senior citizens. Pre-tests are held free of charge to determine proper class level placement. Specialty courses are offered including: CPR, First Aid, Lifeguard Training and Water Safety Instructor training. Private and semi-private lessons are offered on a very limited basis. Please call for the class schedule and registration information.

GENERAL ADMISSION (Tax Included)

Recreation Pool:

Rec Pool Family Swim**
All participants \$3.00
Public Swim*
Children, Adults & Sr Citizens \$3.00
People w/ Disabilities \$2.25
Rec Pool Adult & Senior Lap Swim
Adult \$4.50
Sr Citizen (62+) & Disabled \$3.00
Shower \$3.00

Competition Pool:

Comp Pool Lap Swim \$4.50
Sr Citizen (62+) & People w/ Disabilities \$3.00

Low Impact Water Exercise (Rec Pool)

Adult \$6.00 - 10-visit Card \$55.50
Sr Citizen (62+) \$4.50 - 10-visit Card \$37.50

* Each child younger than 6 yrs old must each be accompanied in the water by an adult

** All children must be accompanied in the water by an adult during Family Swims (one adult per three children)

RENTALS

Great for birthday parties, private groups and business meetings. Scheduled during non-program hours.

| | | | |
|------------------------|---------------|--------------|------------------------------------|
| Rec Pool, 1-25 people | \$87.00/hour | Room Rental | \$35.00/hour |
| Rec Pool, 26-60 people | \$120.00/hour | Lobby Rental | \$65.00/hour + staffing & deposits |

POOL PASSES

Save money while you swim! Swim at least three times per week to save money. Passes make great gifts and are honored at all King County Pools (13 county-wide).

| Type | 3 Months | 1 Year |
|---------------------------------|--------------|--------------|
| Youth (1 year-17 years) | \$135.00+tax | \$250.00+tax |
| Adult | \$230.00+tax | \$350.00+tax |
| Family | \$250.00+tax | \$600.00+tax |
| Senior Citizen (62+) & Disabled | \$ 82.50+tax | \$200.00+tax |

GIFT CERTIFICATES

Give the gift of health! Good for any programs.



TTY Relay Service: 711

This material is available in alternate formats